



Flip for more
information



COVID-19

As the State begins its phased re-opening plan, please be mindful of the following to protect yourself and others from the COVID19 virus:

Wear a mask or cloth face covering in all public places



Practice social distancing

Maintain 6-feet of separation between you and others

Wash your hands often
with soap and warm water for at least 20 seconds



Avoid touching your eyes, nose and mouth

Clean things that are frequently touched such as doorknobs and countertops*



*Sanitize hard surfaces with household cleaning spray/wipes. In public housing, use disposable gloves to touch elevator buttons/door handles



Cover your mouth when you cough or sneeze - use a tissue or your inner elbow, not your hands

Stay home if you are sick
and avoid close contact with others



If you need assistance, including registering for our Meals on Wheels program, please contact the Northbridge Senior Center at **508-234-2002**